We claim:

1. A method for use in a system that is adapted to transmit a data burst over at least two antennas, the method comprising the step of:

transmitting at least two training sequences, each of the at least two training sequences being transmitted over a different respective antenna,

each of the at least two training sequences having a normalized auto-correlation below an auto-correlation threshold, the auto-correlation threshold being significantly less than unity, and

each pair of the at least two training sequences having a normalized cross-correlation below a cross-correlation threshold, the cross-correlation threshold being significantly less than unity.

- 2. The method of claim 1, wherein each of the at least two training sequences having the normalized auto-correlation below the auto-correlation threshold comprises a sum of the squares of a normalized auto-correlation of one of the at least two training sequences over an auto-correlation window being below the auto-correlation threshold.
- 3. The method of claim 1, wherein each pair of the at least two training sequences having the normalized cross-correlation below the cross-correlation threshold comprises a sum of the squares of a normalized cross-correlation of the pair of the at least two training sequences over a cross-correlation window being below the cross-correlation threshold.
- 4. The method of claim 1, wherein the auto-correlation threshold is .06.

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- 5. The method of claim 1, wherein the cross-correlation threshold is .12.
- 1 6. The method of claim 1, wherein:
- the normalized auto-correlation is an auto-correlation normalized by
- 3 the number of symbols in one of the training sequences, and
- the normalized cross-correlation is a cross-correlation normalized by
- 5 the number of symbols in one of the training sequences.
- 7. The method of claim 1, wherein the system exhibits frequency selective fading.
 - 8. The method of claim 1, wherein:

the data burst includes a plurality of sub-streams, each sub-stream representing different bits than the other sub-streams of the plurality of sub-streams; and

at a particular time each of at least two of the sub-streams are transmitted over a different respective antenna of the at least two antennas.

- 9. The method of claim 1, wherein the cross-correlation is taken over a cross-correlation window of -L+1 to 0 and 0 to L-1, L being the number of symbols over which multipaths of significant power can arrive.
- 10. The method of claim 1, wherein the auto-correlation is taken over an auto-correlation window of -L+1 to L-1, excluding 0, L being the number of symbols over which multipaths of significant power can arrive.
 - 11. The method of claim 1, wherein:

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- the system is adapted to transmit a plurality of data bursts; and 2 the transmitting step is repeated for each data burst. 3
- A method for use in a system that is adapted to transmit a 12. 1 data burst over at least two antennas, the method comprising the step of: 2

transmitting at least two training sequences, each of the at least two 3 training sequences being transmitted over a different respective antenna, 4

the training sequences being shifted versions of each other,

with each cyclic sequences having a normalized cyclic-autocorrelation below a cyclic-auto-correlation threshold, each cyclic sequence being N', N'=N-L+1, symbols of one of the at least two training sequences, the cyclic-auto-correlation threshold being significantly less than unity, L being the number of symbols over which multipaths of significant power can arrive, and N being the number of symbols in one of the training sequences.

- The method of claim 12, wherein each cyclic sequence having 13. the normalized cyclic-auto-correlation below the cyclic-auto-correlation threshold comprises a sum of the squares of a normalized cyclic-autocorrelation of one of the cyclic sequences over a cyclic-auto-correlation window being below the cyclic auto-correlation threshold.
- The method of claim 12, wherein the cyclic-auto-correlation 14. 1 threshold comprises .2. 2
- The method of claim 12, wherein the normalized cyclic-auto-15. 1 correlation is a cyclic-auto-correlation normalized by N'. 2

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- The method of claim 12, wherein the system exhibits frequency 16. 1 selective fading. 2
 - The method of claim 12, wherein: 17.
- the data burst includes a plurality of sub-streams, each sub-stream 2 representing different bits than the other sub-streams of the plurality of 3 sub-streams; and 4
- at a particular time each of at least two of the sub-streams are 5 transmitted over a different respective antenna of the at least two 6 7 antennas.
 - The method of claim 12, wherein: 18.
 - the system is adapted to transmit a plurality of data bursts; and the transmitting step is repeated for each data burst.
 - 19. A method for use in a system that is adapted to transmit a data burst over at least two antennas, the method comprising the step of:

transmitting at least two training sequences, each of the at least two training sequences being transmitted over a different respective antenna,

a trace of an inverse of a product of a matrix of symbols of the at least two training sequences and a conjugate transpose of the matrix is below a trace threshold,

the trace threshold being below 5ML/(N-L+1), L being the number of symbols over which multipaths of significant power can arrive, M being the number of training sequences, and N being the number of symbols in one of the training sequences.

The method of claim 19, wherein the trace threshold is 20. 1 2 1.2ML/(N-L+1).

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- 1 21. The method of claim 19, wherein the matrix is a function of at
- 2 least one of the following:
- the number of symbols over which multipaths of significant power
- 4 can arrive;
- 5 the number of training sequences; and
- the number of symbols of one of the training sequences.
- 1 22. The method of claim 19, wherein matrix is a block-toepliz
- 2 matrix.
- 1 23. The method of claim 22, wherein the block-toepliz matrix 2 includes:
- M blocks, M being the number of training sequences,
 - each block having L columns, L being the number of symbols over which multipaths of significant power can arrive, and
 - each block having N-L+1 rows, N being the number of symbols in one training sequence.
- 1 24. The method of claim 19, wherein the system exhibits frequency 2 selective fading.
- 1 25. The method of claim 19, wherein:
- the system is adapted to transmit a plurality of data bursts; and
- 3 the transmitting step is repeated for each data burst.
- 26. A transmitter adapted to be coupled to at least two antennas,

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the transmitter being further adapted to transmit at least two training sequences, each of the at least two training sequences being transmitted over a different respective antenna,

each of the at least two training sequences having a normalized auto-correlation below an auto-correlation threshold, the auto-correlation threshold being significantly less than unity, and

each pair of the at least two training sequences having a normalized cross-correlation below a cross-correlation threshold, the cross-correlation threshold being significantly less than unity.

- 27. The transmitter of claim 26, wherein each of the at least two training sequences having the normalized auto-correlation below the auto-correlation threshold comprises a sum of the squares of a normalized auto-correlation of one of the at least two training sequences over an auto-correlation window being below the auto-correlation threshold.
- 28. The transmitter of claim 26, wherein each pair of the at least two training sequences having the normalized cross-correlation below the cross-correlation threshold comprises a sum of the squares of a normalized cross-correlation of the pair of the at least two training sequences over a cross-correlation window being below the cross-correlation threshold.
- 29. The transmitter of claim 26, wherein the auto-correlation threshold is .06.
- 30. The transmitter of claim 26, wherein the cross-correlation threshold is .12.

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- 31. The transmitter of claim 26, wherein the transmitter is adapted for use in a system having frequency selective fading.
 - 32. The method of claim 26, wherein:
- the normalized auto-correlation is an auto-correlation normalized by the number of symbols in one of the training sequences, and
- the normalized cross-correlation is a cross-correlation normalized by the number of symbols in one of the training sequences.
 - 33. The transmitter of claim 26, wherein the cross-correlation is taken over a window of -L+1 to 0 and 0 to L-1, L being the number of symbols over which multipaths of significant power can arrive.
 - 34. The transmitter of claim 26, wherein the auto-correlation is taken over a window of -L+1 to L-1, excluding 0, L being the number of symbols over which multipaths of significant power can arrive.
 - 35. A method for use in a system that is adapted to transmit a data burst over at least two antennas, the data burst including a plurality of sub-streams, each sub-stream representing the same bits as the other sub-streams of the plurality of sub-streams, at a particular time at least two of the sub-streams are transmitted over different respective antennas of the at least two antennas, there being a delay between the transmission of the sub-streams from one sub-stream to another sub-streams, the method comprising the step of:

transmitting at least two training sequences, each of the at least two training sequences being transmitted over a different respective antenna,

the training sequences being identical to each other.